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MUSHROOM LOVE VEGETABLE STROGANOFF TICKLES THE SENSES {page 21}



THE LUSH BRAND FAMILIAR WITH ROLE

{page 16}

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Wednesday, April 6, 2011

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Parking ticket cost could jump by 38 per cent

► Added \$15 cost to cover portion of city revenue lost to new provincial service fee ► City of Calgary to lose \$10 million annually



**JEREMY
NOLAIS**
@METRONEWS.CA

Parking violators in Calgary could soon be footing part of the bill for a new provincial service fee that has already come into effect.

Alberta municipalities are now being hit with a \$15 charge each time they search the provincial electronic database for information related to traffic enforcement.

One day after it was suggested the Calgary Police Service could see a reduction in manpower to help pay the new fee, Calgary Parking Authority general manager Dale Fraser said his organization might be forced to raise parking ticket prices by \$15.

He added CPA will be forced to cover \$5.8 million of the lost revenue annually, \$1.2 million more than it earned in photo enforce-

CPA parking fines

- **Rise in fine** Parking fines issued by the Calgary Parking Authority currently start at \$40 but rise to \$75 for those who delay payment.
- **Violations** CPA issued 278,000 parking violation tickets last year and performs on average 387,000 licence plate queries annually using the provincial database.

ment revenue for all of 2010.

"It cripples us," he said. "Right now, there are very few options for the Calgary Parking Authority to consider other than to tack this fee onto fines that are already established."

Both Fraser and Calgary Mayor

Naheed Nenshi expressed frustration with the provincial government for reneging on a contract that would have allowed CPA to continue using the provincial database for free until February 2012.

"It's just not right and it's not fair," Nenshi said yesterday, adding the city was given "no notice" of the new fees.

A spokesperson with Service Alberta said Monday the new fee will help cover rising costs associated with providing registry information systems.

Calgary resident Jeremy Burch, who frequently delivers commercial glass downtown, said the increased ticket cost doesn't seem right.

"A lot of the guys I work with get tickets," he said. "The city really does what it wants, I suppose."

Dome. B-ball



► Bull Bullard hangs from the hoop for a game of patty-cake with the referee as a disgruntled Washington Generals opponent looks on.

JEREMY NOLAIS/METRO

Harlem hoop stars in town

The Harlem Globetrotters and their 85 years of basketball history paid a visit to the Saddledome last night. Fans were delighted by dance moves, shenanigans and, of course, some mind-boggling basketball moves.



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AMVIC LICENSED

Delayed trial for wild horse shooting

The trial of three men charged with shooting a wild horse in Alberta's foothills has been delayed again so the Crown and defence lawyers can review new evidence.

Jason Nixon, Earl Anderson and Gary Cape are charged with willfully killing the horse and careless use of a firearm near Sundre, Alta., in 2009.

The trial was to begin Monday.

The new evidence has been submitted to the Crown prosecutor for assessment and the case will return to court on April 27. **THE CANADIAN PRESS**

Cigarette led to triplex fire

Investigators have determined that last week's fire in a Deerview Way triplex was caused by a improperly discarded cigarette.

Crews have determined someone disposed of a cigarette in a pot of peat moss on the back deck of the structure Monday morning, causing fire to break out.

The fire was quickly contained and all 10 individuals inside were able to escape without incident.

The estimated cost of damages is \$900,000.

● METRO



CAROLINA NOVOTNY/METRO

► A deal could be near for the City of Calgary and the Calgary Airport Authority, paving the way for the airport tunnel.

Tunnel draft coming Friday

► If tunnel agreement isn't solidified in coming weeks, it will be a no-go: Mayor Nenshi ► Construction of new runway at airport is already underway



KATIE TURNER
@METRONOWS.CA

After weeks of negotiations, the mayor will receive a draft Friday outlining an agreement between the city and the airport on the proposed tunnel.

Ald. Jim Stevenson said frustrations over negotiations with the Calgary Airport Authority were mounting, but he's happy

to know the process is moving forward.

"They've been promising this now for about four weeks and it's frustrated us because it seems like they're dragging their feet, but finally they are delivering something," he said.

Talking to reporters yesterday, Calgary Airport Authority CEO Garth Atkinson said from his organization's perspective a tunnel isn't necessary, but

he's working to accommodate the city.

"The tunnel is not required for airport access; we're very confident with that having done many transportation studies over the years," he said.

Mayor Naheed Nenshi disagreed with Atkinson.

"To say congestion on Deerfoot is totally fine because it's not on airport lands sort of ignores the fact that passengers, workers, pilots, flight at-

Tunnel cost

- Council approved \$295 million to go toward the tunnel in February.
- Should requests from the Calgary Airport Authority exceed that number, the tunnel likely won't be built, city officials have said.

tendants are also stuck on the same congestion on Deerfoot, so of course they need it."

1

news

On the web at
metronews.ca

Canadian actress Kristin Booth says she had no hesitation about joining the beleaguered miniseries *The Kennedys*. Video at metronews.ca.



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EDUCATION

United Way targets dropouts

As many as 27,000 youth in Calgary are considered vulnerable — facing significant barriers to achieving or maintaining well-being — according to a new study by United Way. Citing Alberta's high dropout rate of approxi-

mately 9,000 students each year, the highest provincial rate in all of Canada, as one of the contributing factors, the United Way is recommending the provincial government raise the legal dropout age from 16 to 17 years old.

Other recommendations involve increased access to meaningful training and employment, mental-health supports and community mobilization.

● METRO

Wait times still too long: AHS

Alberta Health Services announced yesterday that while emergency wait times are getting shorter, they did not see as many beds open before the March 31 deadline as they would have liked.

Only 323 of 360 beds scheduled to open before March 31 were opened, according to AHS.

AHS also opened 1,174 of the 1,300 new continuing care beds that were scheduled to open.

"Really, it comes down to staffing," said Dr. Chris Eagle, AHS acting president. "We pushed as hard as we can. We will have those beds open shortly. We just



► AHS' acting president and CEO Dr. Chris Eagle.

9.1 The average number of hours patients spent in Calgary's emergency departments in March 2011, compared to 14.9 last September.

missed that end of March target but we're very close."

● ALISON BAIRD

How does a 22 per cent tax hike sound?

► City CFO says tax freeze could create \$90M shortfall for 2012



KATIE TURNER
@METRONEWS.CA

Property taxes could jump by as much as 22 per cent over the next three years if the city doesn't make some significant changes to its budgeting.

This from the city's CFO Eric Sawyer, who told council yesterday taxpayers could see an eight per cent jump in 2012 and seven per cent in both 2013 and 2014 just to close the budget gap.

Mayor Naheed Nenshi said he doesn't believe that when the time comes his colleagues will vote for a tax hike that high.

"We have to restructure revenue and we have to have a major shift in how our expenditures work as well," he said.

Number offends advocate

Scott Hennig of the Canadian Taxpayers

Budget fund

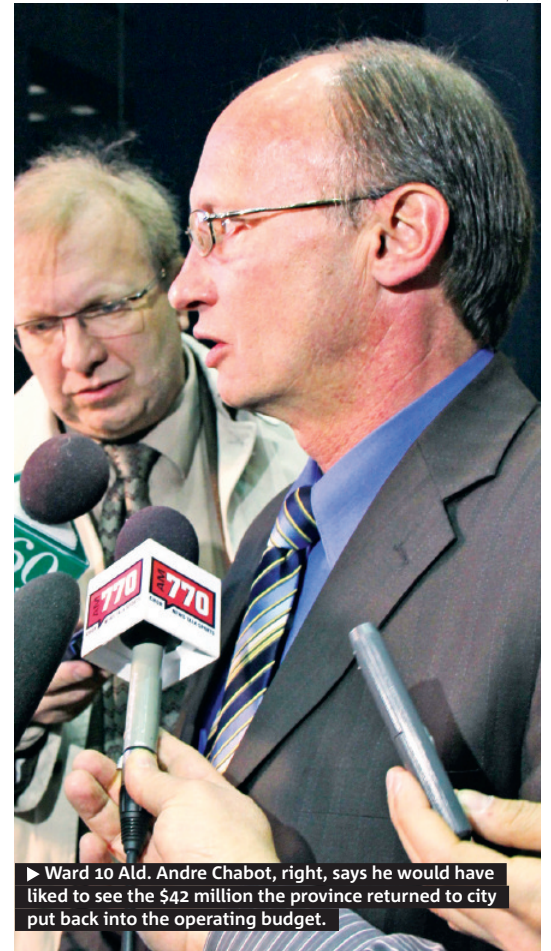
- The city is in the midst of a campaign to engage citizens on the 2012-2014 budget cycle.
- Council has set aside \$2.5 million for the budget process, including citizen engagement.

Nenshi said they will be looking for places within the city organization to create efficiencies, but Sawyer told council that even with business units cutting costs the city will still face a shortfall.

Ald. Andre Chabot said the city should have thought about putting the \$42 million recently granted by the province towards the operating budget rather than capital projects.

Federation said a 22 per cent tax hike would be well above inflation.

"They've got a fundamental problem ... if that's what we're looking at for the tax hike," he said. ● KATIE TURNER



► Ward 10 Ald. Andre Chabot, right, says he would have liked to see the \$42 million the province returned to city put back into the operating budget.

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SUGGESTIONS

City staff share tips to unravel red tape

City employees have been submitting their ideas on how to make city hall more efficient through the first phase of a plan from the mayor.

A city committee rec-

ommended yesterday that \$110,000 be approved to go toward Mayor Naheed Nenshi's Cut Red Tape program.

In under a month, more than 175 employees have submitted suggestions.

"The fact that so many ideas came out meant there was a real pent up demand, that city employees really want to be innovative and do their jobs better and serve citizens better."

● METRO

Gas prices jump at the pump

Some fuel prices around the city jumped sharply yesterday, with prices spotted as high as \$1.179 per litre. A spike in demand with improving weather and the cost of oil at nearly \$110 US could be driving higher costs. ● METRO

City firm secures \$35M deal

Calgary-based Black Diamond Group Ltd. announced yesterday it has won a \$35-million contract from an unnamed major Canadian oil company to provide workforce housing and amenities.

THE CANADIAN PRESS

Google map led police to remains, court hears

▶ Arresting officer testifies as Crown closes its case at Twitchell trial

The mystery of what happened to Johnny Altinger was solved a year and a half after he disappeared when filmmaker Mark Twitchell, sitting in lockup, wordlessly passed a folded map to detectives.

The map gave directions to a sewer grate in an alley near the home of Twitchell's parents in north Edmonton, Det. Brad Mandrusiak said at Twitchell's first-degree murder trial.

Mandrusiak said he went to the Edmonton Remand Centre on June 3, 2010, after he was summoned there by Twitchell.

"He just passed to me across the table a piece of paper folded in half," said

"I saw what I believed to be two pieces of human remains within the sewer itself."

DET. BRAD MANDRUSIAK

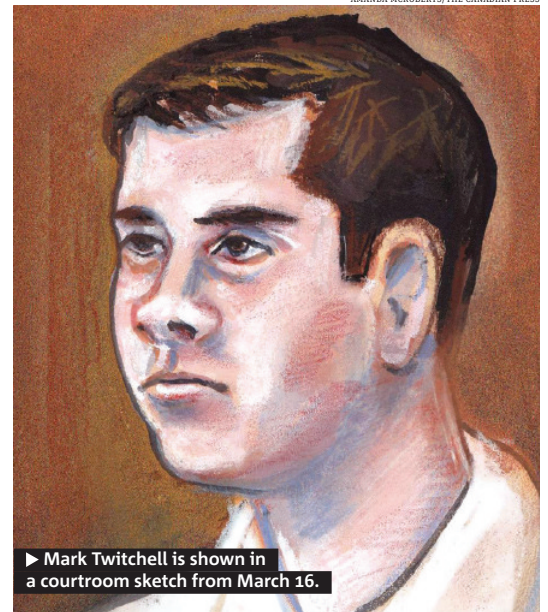
Mandrusiak.

The document was a Google map with step-by-step handwritten directions to a sewer grate, he said.

Twitchell offered no reason for the map, Mandrusiak said.

He said he and his partner drove to the alley, walked over to the grate and peered into the blackness, where they found human remains.

THE CANADIAN PRESS



▶ Mark Twitchell is shown in a courtroom sketch from March 16.

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FAST LANE

**Speeding
main factor
in crashes:
Police**

Cracking down on speeders will be the focus of the Selective Traffic Enforcement Program for the month of April, according to police.

Citing unsafe speed as a factor in 41 per cent of serious injury collisions and 30 per cent of all fatal collisions in Calgary, police are hoping to curb lead-footed driving.

**Car noise
discussion**

Excess vehicle noise will be the topic of conversation at two open houses being held by the City of Calgary Animal & Bylaw Services this week. They'll be held from 5 p.m. to 8:30 p.m. today at the Scenic Acres School, and tomorrow at Wildwood School.

● METRO

**Surgery
wait times
decrease**

Wait times for a number of heart surgeries have gone down close to 50 per cent in Alberta, according to a study by the University of Calgary's Faculty of Medicine.

The study suggests wait times can partly be attributed to funding increases.

● METRO

Poutine Crawl to be a delicacy gravy train

▶ British-themed party bus to transport participants to four venues



JEREMY NOLAÏS
@METRONEWS.CA

Cheese will be sizzling, gravy will be bubbling and stomachs will no doubt be suffering during Calgary's newest pub crawl.

Poutine Crawl will see the finest variations of the French-Canadian delicacy served at four different venues Saturday.

Along with the customary ingredients, event organizer Karen Richards said more unorthodox offerings will include smoked meat, pepperoni and foie gras.

However, for all the different poutines in the city, Richards said one ingredient separates the elite platter from general pub fare.

"I think the key is that you have to have the actual Quebec cheese curds," she said, noting her favourite Calgary dish is a steak poutine by Laurier Lounge.

In preparation for the event, Richards said she has been busy preparing survival kits of antacid pills and Pepto-Bismol.

Cheesy crawl

Poutine Crawl is scheduled to run from noon to 6 p.m. Saturday.

- ▶ Participants will be picked up and dropped off at Melrose Café & Bar.
- ▶ Tickets are \$45, available at poutinecrawl.eventbrite.com



▶ Karen Richards samples some poutine at The Brasserie in Kensington — one of four participating venues in this weekend's Poutine Crawl.

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No May-bes: She's off TV

► Elizabeth May loses bid to join leaders' debates ► But Greens fight on

DARRYL DYCK/THE CANADIAN PRESS



► Green party Leader Elizabeth May says she will appeal to Canadians to put pressure on the other party leaders and the TV consortium in an effort to change their minds.



Elizabeth May has been thwarted in her last-ditch effort to convince the courts to give her a podium at next week's televised leaders' debates.

But the Green party leader is not giving up yet. Federal Court judge

Marc Nadon refused yesterday to make an emergency ruling on the case before the debates get underway. The short period of time wouldn't have allowed the court "to perform its duty in a satisfactory manner," Nadon said.

It was a body blow for the Greens, who received a major blast of publicity

when May participated in the debates during the 2008 federal election.

The Greens will pursue the matter in the Federal Court of Appeal, even though the case can't be heard before the debates, May said.

But she will also be talking to her lawyer about whether there are "any legal avenues" that would

allow the Greens to have the matter heard in court before then.

The consortium that runs the debates insists only parties with seats in the last House of Commons can participate.

The English-language debate is April 12. The French-language debate will take place April 14.

THE CANADIAN PRESS

WHO WILL BE PM?

Iggy tells Quebec: You choose

Liberal Leader Michael Ignatieff is asking Quebec voters to determine who will be the next prime minister.

Ignatieff travelled to separatist Bloc Québécois territory in central Quebec yesterday in pursuit of

his bid to unseat Stephen Harper's Tories.

The Liberal leader has been casting the May 2 election as a two-horse race, a fact of life he says Bloc Leader Gilles Duceppe has accepted.

Duceppe has noted that either Harper or Ignatieff would occupy 24 Sussex Dr.

"Even Mr. Duceppe understands that," Ignatieff said. "So what we've got to say to Quebecers is, you've got to choose here, folks."

THE CANADIAN PRESS

Harper's style 'not pretty,' says Layton

PAUL CHIASSON/THE CANADIAN PRESS

Jack Layton took aim yesterday at Harper government scandals.

The NDP leader provided a laundry list of alleged Conservative misdeeds, including the latest revelation that Stephen Harper hired a senior adviser who had five fraud convictions.

The prime minister has said he knew Bruce Carson had one conviction, but not others.

Layton said he doesn't believe Harper and he claimed most Canadians don't, either.

He said in Winnipeg: "Canadians are right to be asking, 'If Mr. Harper wins this election, how long will it be until the next Conservative insider is charged with fraud?'"

And just to emphasize the point, he repeated his entire condemnation in French rather than alter-



nating between languages as he does most often.

The barring of opponents from Tory rallies and tight background checks on those who do get in are the "signs of a closed, controlling approach," Layton said.

"I think it says something about Stephen Harper and his administration, and it's not pretty," he added.

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Strongman still defiant

► Ivory Coast leader Laurent Gbagbo refusing to leave office
► French and UN forces begin strikes to support new elected leader

Ivory Coast's strongman leader Laurent Gbagbo holed up in a bunker inside the presidential residence yesterday, defiantly maintaining he won the election four months ago even as troops backing the internationally recognized winner encircled the home.

Gbagbo's comments by telephone to France's LCI television came as French officials and a diplomat said

"I won the election and I am not negotiating my departure."

LAURENT GBAGBO

he was negotiating his departure terms after French and UN forces launched a military offensive Monday. Democratically elected leader Alassane Ouattara has urged his supporters to take Gbagbo alive.

Talks about Gbagbo's de-

parture terms were ongoing yesterday evening directly between Gbagbo and Ouattara, according to a diplomat who spoke on condition of anonymity because he was not authorized to speak publicly.

THE ASSOCIATED PRESS



Royal. Split



► In this undated image provided by the New Zealand Post Group yesterday, a stamp is shown with perforations that split couple Prince William and Kate Middleton down the middle. The Pacific nation of Niue printed the unusual commemorative stamps for Britain's royal wedding.

THE ASSOCIATED PRESS/NEW ZEALAND POST GROUP

Signed, sealed, delivered

An image of Prince William and Kate Middleton with perforations that split the couple down the middle appears on a new commemorative stamp, designed by the New Zealand Post. General manager Ivor Masters said the design had been approved by Queen Elizabeth II and the stamps were collectors' items, so it was unlikely they would be torn apart for postage.

Dutch police arrest incest suspect

Dutch police yesterday arrested the father of a 12-year-old girl who gave birth last month while on a school excursion, saying he is suspected of sexually abusing his daughter.

Prosecutors said they have "serious suspicions" the 52-year-old man abused his daughter,

12 A father's arrest added another twist to the case of a 12-year-old girl who gave birth during a school trip without having realized she was pregnant.

resulting in her pregnancy. "We don't know what exactly happened. That is why we arrested this man — to hear his side of the story," prosecutor's office spokeswoman Kirsten Smit said.

THE ASSOCIATED PRESS

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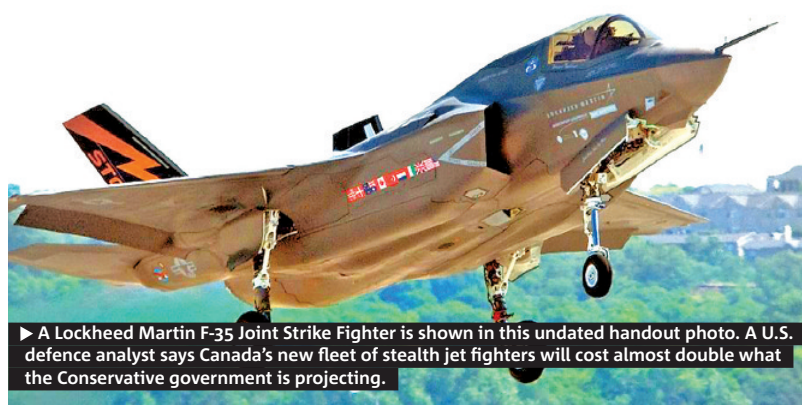
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► A Lockheed Martin F-35 Joint Strike Fighter is shown in this undated handout photo. A U.S. defence analyst says Canada's new fleet of stealth jet fighters will cost almost double what the Conservative government is projecting.

More fuel in jet cost dispute

- U.S. defence analyst says each stealth jet will cost \$73 million more than government estimates
- Statement on Parliament Hill may influence election

Canada's new fleet of stealth jet fighters will cost almost double what the Conservative government is projecting, a U.S. defence analyst says.

Winslow Wheeler, of the Centre for Defense Information in Washington, injected himself directly into the federal election by providing his estimate at a news conference on Parliament Hill.

Wheeler said yesterday the unit cost of the F-35 jet will be about \$148 million per airplane — an estimate that is in line with what the parliamentary budget officer has projected.

The government says the unit cost will be up to \$75

Fighter fees

The government plans to buy the 65 high-tech fighters to replace Canada's aging fleet of CF-18 jets.

- The overall cost to taxpayers would be about \$15 billion over 20 years, including maintenance costs, the government says.
- That estimate is based on a unit price of \$75 million per plane.

million per jet, and has mounted repeated public attacks on the budget officer's estimate.

"Nobody on this earth is going to be buying F-35s in

flyable condition at \$75 million a copy. That's not in the cards," said Wheeler, who was invited to Ottawa by the left-leaning Rideau Institute think tank.

The untendered jet purchase is a contentious issue during the federal election campaign. The Liberals want to scrap any future deal with U.S. defence giant Lockheed Martin because they say it's not the way to go while the country is facing a deficit.

Wheeler worked for three decades on security issues for the U.S. General Accounting Office and for members on both sides of the aisle of the U.S. Senate.

THE CANADIAN PRESS

MAN IN MOTION

Marathon of 'change' races again

The "Man In Motion" is looking for thousands of Canadians to help him recreate his groundbreaking trek across the country.

Yesterday, Rick Hansen

launched an online contest to select those who will participate in a relay that will trace virtually the same route as his original tour 25 years ago.

"This is the ultramarathon of social change, and it does take the next generation to get there," Hansen said after announcing the contest to a crowd of cheering students at Rick Hansen Secondary School in Mississauga, Ont.

Some 7,000 people who have made a meaningful contribution to their community will get the chance to walk, wheel or run in the relay, set to begin Aug. 24 in Cape Spear, N.L.

The relay will cover 12,000 kilometres and pass through more than 600 communities in all provinces and territories, culminating — as it did 25 years ago — in Vancouver.

THE CANADIAN PRESS

Ballad of a rebel in China

► Bob Dylan to play Beijing amidst repression of dissent

Of all the musicians in the world who might be approved by the Chinese government to perform in China at this moment — amidst a crackdown on free speech advocates — you would think Bob Dylan would be dead last.

The rebel icon, whose youthful songs inspired many during China's 1989 Tiananmen protests, seems the unlikely person Bei-

"It could be that people in the cultural ministry didn't know anything about Dylan."

BEIJING PROF. TENG JIMENG

jing would provide a platform for. But today, Dylan will stride on to a Chinese stage for the first time in

his life, with official approval from the ministry of culture. But there is a catch: Those in the know say there is a playlist from which Dylan cannot waver.

Prof. Teng Jimeng doubts that Hurricane, Dylan's ballad about the illegal jailing of Rubin (Hurricane) Carter, will be among them, as the arrest of China's famous artist Ai Weiwei is only days old. **TORSTAR NEWS SERVICE**



► Bob Dylan performs onstage during the 53rd annual Grammy Awards in February.

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Nortel patents hot property

Research In Motion, Apple or a consortium of bidders could emerge to counter Google's \$900 billion US bid for Nortel's patents, says expert Richard Ehrlickman.

The patents cover advanced wireless networks that would be of "tremendous value" to any high-tech company, he says.

THE CANADIAN PRESS

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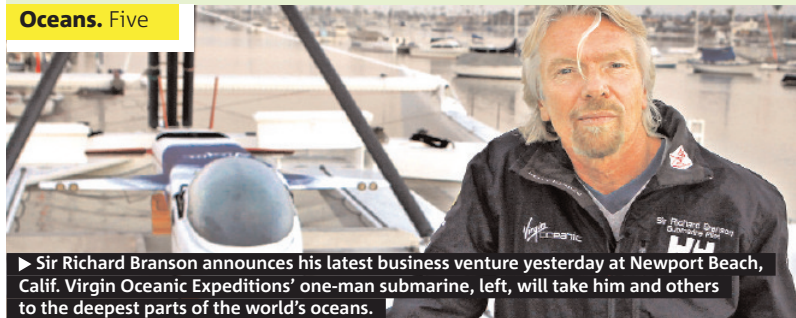
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Oceans. Five



► Sir Richard Branson announces his latest business venture yesterday at Newport Beach, Calif. Virgin Oceanic Expeditions' one-man submarine, left, will take him and others to the deepest parts of the world's oceans.

REED SAXON/THE ASSOCIATED PRESS

Staking out Virgin territory

Sir Richard Branson will travel to the deepest parts of the world's five oceans in a one-man submarine. The Virgin Atlantic founder unveiled his new business venture, Virgin Oceanic Expeditions, yesterday at Newport Beach, Calif. His goal is to build a larger submarine that will offer trips to tourists — for a sizable fee.

Beware email scams: Experts

► B.C. bookseller, Best Buy, Air Miles among Canadian victims in hacker theft of millions of email addresses

An online bookseller in Victoria is the latest victim of a security breach involving an American email marketing company.

In an email to customers, AbeBooks says it has been warned by Texas-based Epsilon, which handles the company's email, that email addresses of some AbeBooks clients have fallen into the hands of an unauthorized person. Epsilon says a rigorous assessment determined that no other personal information was compromised.




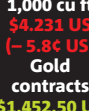
The breach was first revealed last week, when Epsilon cautioned retailer

Best Buy and Air Miles E Reward Program members that millions of customers' names and email addresses had been hacked. Account information was not exposed, the company said.

Experts say that without passwords and other sensitive data, email addresses are of little use to criminals. But they can get past a spam filter and be used to craft dangerous online attacks.

AbeBooks urges clients to be cautious if they are asked for personal or account information in an email. THE CANADIAN PRESS

Market moment

TSX	Dollar
	
+ 52.19 (14,270.53)	+ 0.39¢ (103.75¢ US)
Oil	Natural gas
	
- 13¢ US (\$108.34 US)	1,000 cu ft \$4.231 US (- 5.8¢ US) Gold contracts \$1,452.50 US (+ \$19.50 US)

AP/WIDEWORLD, WFS & S&P DATA

Give us cut of Nortel selloff: Former workers

Nortel pensioners are hoping Google's \$900-million US offer for the last of the insolvent technology company's patents leads to even higher bids and fetches billions of dollars to potentially top up their pensions.

"Those assets are worth billions of dollars, so if anybody buys them for \$1 billion, it's just a giveaway," said Anne Clark-Stewart, spokeswoman for Nortel Retirees and Former Employees Protection Canada.

Clark-Stewart estimates the entire portfolio is worth as much as \$35 billion. She argues that some of that money should be earmarked for employees' underfunded pensions, which she says have lost half of their value.

Her organization will be fighting for a share of the total sales of all Nortel assets along with creditors and others in Canada, the United States and the United Kingdom.

"We need it terribly," she said of the more than 20,000 pensioners across Canada whose average age is 74 and whose average pension is just \$1,700 a month.

The auction will be held in Delaware in June.

THE CANADIAN PRESS

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PAUL SULLIVAN



TAKE A LEAP: SAVE THE FROGS

If you're tired of saving the whales, why not try saving something completely different?

Save the frogs! World Save The Frog Day is April 29, and if ever a species needed a hand, it's the Kermit of the world. These days, it definitely ain't easy being green. More than 200 species of frog are now extinct, and we'll be down to no frogs in no time if we don't do something.

Did you know our increasing appetite for frogs' legs alone takes 100 million frogs out of the wild each year?

Or that Atrazine, a pesticide, turns male frogs into female frogs at only 2.5 parts per billion? And it's only one of 18,000 pesticides registered in the U.S.

You name it, it's a threat.

Frogs are hunted for their legs, but also for the pet trade and lab dissections. Bullfrogs, native to the eastern U.S., unfortunately have the meatiest extremities, so they are shipped all over the place. When they escape into the wild, they take over, and are now the alpha frogs in 15 countries, muscling out local species.

Not only that, two-thirds of imported bullfrogs carry the deadly chytrid fungus, which further contributes to the wipeout of local frog populations.

Do I even have to make the case that frogs are cool? Is there a man out there who isn't carrying around an inner boy who used to catch frogs, name them, carry them in their pockets and use them to scare girls?

If that's not cool enough for you, frogs are amphibians, the world's oldest land vertebrates, with a pedigree going back more than 360 million years, long before dinosaurs stomped around the planet.

Other frog facts: The world's smallest is the Brazilian sapo-pulga, or flea frog, less than half an inch long (10 millimetres). The world's largest is the goliath frog, which can grow to a foot long (30 centimetres) and weigh more than three kilos! Both (of course) are endangered; the flea frog by pesticides, and the West African goliath by human appetite and loss of habitat.

On World Save The Frog Day, take action by raising the consciousness of local restaurants that serve wild frogs' legs, or take in Toronto's Frog Leap-A-Thon. Here's my favourite frog folly: Students at Texas Tech will go for a Guinness World Record by organizing the largest gathering of people wearing frog masks ever.

Or you can just raise your frog flag high. Whatever, the frogs will thank you.

Of course, there's a lot's more frog-saving info at savethefrogs.com.

Save the frogs!

Read more of Paul Sullivan's columns at metronews.ca/justsayin

Worth mentioning

ROME. Italian researchers said yesterday they will dig up bones in a Florence convent to try to identify the remains of a Renaissance woman long believed to be the model for the Mona Lisa.

If successful, the research might help ascertain the identity of the woman depicted in Leonardo da Vinci's masterpiece — a mystery that has puzzled scholars and art lovers for centuries and generated countless theories.

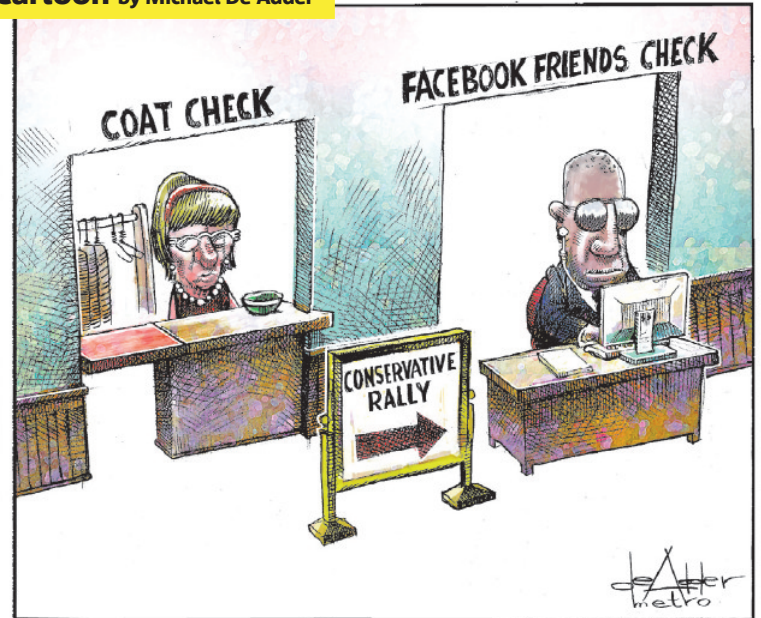
The project, launched yesterday, aims to locate the remains of Lisa Gherardini, the wife of a rich silk merchant named Francesco del Giocondo.

Tradition has long linked Gherardini to the painting, which is known in Italian as "La Gioconda" and in French as "La Joconde." Giorgio Vasari, a 16th-century artist and biographer of Leonardo, wrote that da Vinci painted a portrait of del Giocondo's wife.

Gherardini was born in 1479. A few years ago, an amateur Italian historian said he had found a death certificate showing she died July 15, 1542, and her final resting place is in central Florence.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

As long as the marriage isn't a disaster

Honeymoons aren't always easy for newlyweds, but six natural disasters?

When Stefan and Erika Svanstrom of Stockholm set out on their four-month-long honeymoon with their baby girl on Dec. 6, they say they got more than they bargained for: Immediately, they were stranded in Munich, Germany, due to one of Europe's worst snowstorms, he said.

But that was just the beginning.

After that, he said, they experienced the devastation of a cyclone in Cairns, Australia, and the flooding in Brisbane, and narrowly escaped the bush fires in Perth.

"We escaped by the skin of our teeth," Svanstrom said, recalling how they were evacuated in Cairns and were forced to spend 24 hours on a cement floor in a shopping centre with 2,500 others.

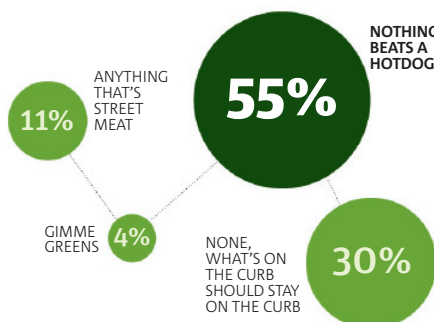
Just before they arrived in New Zealand, the 6.3-magnitude earthquake hit Christchurch and in Tokyo, they felt Japan's largest tremor since records began, he said.

Svanstrom said he also survived the devastating tsunami that hit southeast Asia in 2004.

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Take the poll online at metronews.ca

Eat St. debuts tonight on Food Network.
What's your favourite street eat?



TODAY'S QUESTION: WHERE DO YOUR SMARTPHONE LOYALTIES LIE?

Local tweets



@Alison-Wanderlnd: Doc in #yyc claims that Chi-

nooks don't cause headaches. "It's the body's inability to deal with changes in pressure. So ... a chinook. #dolt

@amandashaelyn: Why is it so damn hard for people to go the speed limit?! #yyc

@BrodeurN30: This obnoxious guy on the bus was mouthing people off. But it's ok because his fly was open the entire time. Awesome. #karma #yyc

@FrontRowSeat: Beautiful sunny day in #yyc.

Meeting with one of my favourite clients. Life is good!

@HeatherNMcm: Edmonton is the forest lawn of Alberta. #yyc #yeg

@willcw: I wish some ... hell, any political campaigning was done in #yyc I've never even seen one of our PM's IRL

@Gord_Gillies: Youch. Gas prices are taking a big jump around #yyc. Many stations up 7 cents a litre for the cheap unleaded. #globalyyc

@SherrieReynolds: there's a real live cowboy in my office. no joke. #yyc

2
scene

Comical



Peter Griffin and his long put-upon, but funny, family are heading to the pages of their own comic book series. Titan Comics and Twentieth Century Fox Consumer Products says that Peter, his wife, Lois; kids Meg, Chris and Stewie; along with family dog and martini aficionado, Brian, will headline their own series on July 27. Titan says the series also will feature other characters from its television counterpart, including Glen Quagmire, Cleveland Brown and Joe Swanson.

THE ASSOCIATED PRESS



Stone Cold Steve Austin turned down 'Dancing With the Stars,' but supports Chris Jericho

In Focus

RICHARD CROUSE

SCENE@METRONEWS.CA



BRANDING A REMAKE ROLE

It's a dangerous business trying to recapture movie magic, but Hollywood execs keep trying

Thirty years ago Dudley Moore introduced us to Arthur, a lovable but drunken millionaire playboy about to married to a wealthy heiress he did not love. "I race cars, play tennis, and fondle women," he said, "but I have weekends off, and I am my own boss."

The movie, Arthur, was a giant hit coming in fourth in the year's box office, earning four Oscar nods, winning two and spawning the number one hit Arthur's Theme (Best That You Can Do).

It's available on DVD and holds up very well, which is why it is a bit baffling that a remake of the same name is hitting theatres this weekend starring Russell Brand.

Remakes, of course, are nothing new. Hollywood has been recycling ideas since the beginning. For example, Cecil B. DeMille remade his own 1915 film The Golden Chance as Forbidden Fruit just six years later. The difference is that back then there was no portable archive of movies

available on Blu Ray or streaming video. Older movies were essentially inaccessible to most people so a remake was simply good business. Take a good story, repackage it and hopefully do good at the box office. Later, in the pre-home video years, remakes were a way to breathe some life into older movies by giving their stories a facelift with modern stars.

But times have changed. Now, via Netflix, On-Demand and Blu Ray, it's easier and cheaper than ever to seek out and see movies like the original Arthur.

So what's the point of the remake?

Well, for one thing, it's a perfect role for the impish Russell Brand and, for another, it's always great to see his co-star Helen Mirren on screen. And who knows? Maybe it's better than the original. It wouldn't be the first time.

With so many remakes — past, present and future — perhaps philosopher Raoul Vaneigem was right when he said, "Our task is not to rediscover nature but to remake it."



► Dudley Moore



► Russell Brand stars in the remake of Dudley's Moore's Arthur.

A connection to his character

► Russell Brand credits hard partying years as reason for success at role ► Admits a fondness for his co-star



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METRO WORLD NEWS IN LOS ANGELES

Relationship

How being married helped him connect

► **Character** Of course, it wasn't just Arthur's penchant for a party that Brand identified with. Another, more recent change in his life — his relationship with and marriage to Katy Perry — also helped him connect to the material, since Arthur is caught off guard when he meets a not-so-wealthy young woman played by Greta Gerwig. "My life has been changed by falling in love, so I know that whilst that is a romantic idea and in this case fictional, it's something that has happened to me," Brand says. "That's why I'm so enamored of this story."

But in updating the story for today — the immature Arthur must choose between marrying a cold but wealthy woman (Jennifer Garner) or follow his heart and lose everything — Brand was insistent that his character's bacchanalian style of living not be showing in a completely glamorous light.

"It was very important

happy with how that was rendered."

Playing opposite Greta Gerwig was a treat, Brand admits.

"We saw loads and loads of different actresses, which was all right — but of course I was already on the way to getting married then, so I couldn't enjoy it like the good old days, where auditions had a rather more primal quality," Brand jokes.

But there was something about Gerwig's reading that left an impression.

"Afterward I was sitting quietly and (director) Jason (Winer) said, 'Oh, what's the matter?' I said, 'I feel sad now that she's gone,'" Brand says. "And it's because I enjoyed playing with her. She has such a brilliant imagination, she's a great improviser with a wonderful understanding of comedy, a wide range of ideas, peculiar choices — but good peculiar."

Gerwig even admits that she's developed a serious crush on her co-star, Something Brand smarts at the notion of.

"Can't do nothing about it now. Just useless," he says. "Just a wonderful, useless thing, like a yacht in the middle of Idaho."

that we established a context where the alcoholism was humorous and good fun but was not irresponsibly portrayed," he says.

"This is 2011, and it's important to see a resolution to the problem of Arthur's alcoholism, and that's one of the aspects — as a recovering alcoholic myself, I was particularly



► Katie Holmes and daughter Suri

Big plans for Suri's birthday

► Mom Katie plans pool party, piñata for 5th birthday bash

Katie Holmes is gearing up for daughter Suri's birthday.

"She's turning five in about two weeks. She wants a piñata and her girlfriends to come over [and go] swimming. We're gonna make a cake

together," Holmes tells Ryan Seacrest during a radio interview.

"This is my favourite day of the year. So we're gonna have a little tea party, and I like to girl it up."

● METRO

Celebrity tweets



"Do not fear...the Sheenies is here!" I'm not gonna lie. I came back to twitter for 2 reasons. My fans and to follow @charliesheen"

@kirstiealley



"Party girl? not so much tonight... BUT I did get a tattoo and I love it....and I had fun"

@justinbieber

"sick show in Berlin ...brought @studio mama on stage 2 sing her happy bday but she lit her hair on fire with the candles. lol. i saved her"

@ConanOBrien



"If I'm ever a ghost, I hope the person I haunt has Netflix."

Bublé robbed during wedding

While singer Michael Bublé and actress Luisana Lopilato were tying the knot in Argentina over the weekend, their home was burglarized, according to TMZ.

No one was home at the time, and it was not revealed how much was stolen.

Despite the incident, the wedding weekend continues.

"I will not let this ruin the happiest day of my life," Lopilato told reporters.

● METRO



► Michael Bublé

Franco: Twitter is so over

After a brief foray into Twitter, James Franco is over the whole concept.

"Social media is over. Still up there. Going down. You heard it here first," Franco says, according to Politico. The actor, who live-Tweeted during his Oscars hosting gig, has made his own account private.

"My thought was, 'This is my Twitter. I can do whatever I want.' But certain companies I work with contacted me about what I was saying," he explains.

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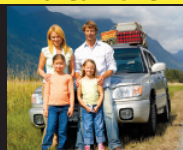
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3
life

Travel in brief



Tips on how to deal with long car trips.

- Pack several different entertainment items suited for each child. When they tire of one, they can move on to the next.

- Pack healthy snacks that your kids enjoy. Time travels more slowly when you're hungry.
- Stop and smell the roses: scenic look-outs and picnic areas are great places to let kids burn off some of that boundless energy. **NEWS CANADA**



Gulf Coast tourism officials 'cautiously optimistic' about prospects for 2011



► A limo once belonging to mobster Bugsy Siegel is seen on display at the Mob Experience at the Tropicana Hotel and Casino in Las Vegas. The Mob Experience is an interactive attraction featuring gangster memorabilia and commentary from film mobsters James Caan, Mickey Rourke and Frank Vincent.

Vegas embraces its organized past

Speakeasies, bootleggers, gun-wielding crime bosses and tough-guy accents pay homage to Las Vegas' mob roots in a pair of new attractions showcasing Sin City's criminal history.

An interactive attraction featuring gangster memorabilia and commentary from film mobsters James Caan, Mickey Rourke and Frank Vincent opened last week on the Las Vegas Strip. And Las Vegas Mayor Oscar Goodman, a former mob defence lawyer, plans to launch his Las Vegas Museum of Organized Crime and Law Enforcement later this year. For Las Vegas, the attractions represent an unprecedented embrace of its infamous founders.

"What differentiates us



► Actors playing mobsters act out a scene at the Mob Experience at the Tropicana in Las Vegas.

from any other city is our history," Goodman said. "This is the story of America."

The desert oasis made famous by scantily-clad showgirls, ubiquitous slot machines and 24-hour happy hours has long celebrated its reputation as a haven

of vice, but its relationship with the mob has taken a few hits in recent years. The city that once proudly boasted of its ties to organized crime — Goodman played himself in the 1995 mob movie *Casino* — has instead promoted its family-friendly restaurants and

Broadway shows for the past decade.

No more.

The Tropicana casino and hotel, a one-time hang-out for organized crime now more known for its bargain-counter room rates, celebrated its new "Mob Experience" attraction last week with a red carpet party attended by the son of Tony "The Ant" Spilotro, the inspiration for the bloodthirsty Joe Pesci character in *Casino*.

The sprawling casino attraction features the diary of mobster Meyer Lansky, Spilotro's gun and family photos and home movies from other infamous criminals.

Visitors are greeted by life-size holograms of chat-

ty gangsters and a chance to get "made."

The publicly-funded mob museum, meanwhile, is slated to open in December at a downtown Las Vegas courthouse where a detailed mob hearing that helped expose organized crime to ordinary Americans was held in 1950.

The \$42 million museum started as an effort to save one of Las Vegas' few historic buildings. It's amassed a wide collection of gangster artifacts, including the wall from Chicago's St. Valentine's Day massacre, the only gun recovered at the mass shooting and the barber chair where hit man Albert Anastasia's life came to an end in 1957.

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A fresh look at Canadian food

► Our huge country boasts stunning natural assets, from landscapes to abundant wildlife, much of which makes for great dining ► Have you tried tasty lobster, beaver tails, and of course poutine or maple syrup?

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METRO WORLD NEWS IN MONTREAL

Canada is so vast, and its inhabitants come from such different horizons, that it would be impossible to sum up its cuisine in just one dish.

What you'll find in Vancouver, where more than 30 per cent of the population is Asian, is completely different from the traditional inspired food in Quebec.

One word may link our cuisine: locavoracious, an interest in locally-sourced food. Indeed, fresh, seasonal and local products hugely inspire chefs from coast to coast.

That may explain the popularity of the public markets throughout the country, whether it's St. Lawrence Market in Toronto, Marché Jean-Talon in Montreal or Granville Island Market in Vancouver.

Once described as old-fashioned, Canadian gastronomy is now innovative.

Forget the meat pies and the maple-syrup-celebrating sugar shacks,

For more information check out canada.travel

Gourmet tips

- Don't look for street food in Montreal as it is not permitted. But don't worry; you'll be able to have a hot dog in the streets of Toronto or Vancouver!
- Our cities are amongst the most cosmopolitan in the world. So you'll find a lot of good foreign cuisine. Chinatowns in Vancouver, Toronto and Montreal are amazing.
- Although you'll find a lot of good microbreweries throughout the country, Canada is not only a beer land. Okanagan valley in British Columbia produces the best Canadian wines. In Quebec, you'll find a sweet delicacy: ice cider and ice wine.

and say hi to avant-garde cuisine. Sure, it's great to taste the classics like Montreal's bagels or smoked meat, Ottawa's beaver tail or Acadian rapple pie, made with grated potato — and you'll always find a touch of the past on the menus here — but the new generation of chefs are looking forward.

The most influential foodies around the world now often list Canadian cities, including Montreal,



► The are great public markets pop up all over the country.

Toronto, Calgary and Vancouver, as must-go-to destinations, thanks to their inspiring restaurants.

For example, Chef Michael Dekker, from Rouge restaurant in Calgary — one the best in the world — serves a Beet Cured Halibut Gravlax with Pea Shoot Salad and Almond Crunch.

Montreal's Toque! chef Normand Laprise serves a Suckling pig shoulder with

onion bacon, celeriac purée and apple sauce.

One of the best "locavore" experiences in Canada may be found two hours outside of Toronto in Singhampton.

The pig that Chef Michael Stadtländer serves at Haisai is raised on the land, butchered in the kitchen and smoked and dried for a year on the restaurant's own farm.



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WEDNESDAY, APRIL 6, 2011

Acapulco's been a tourist draw for good reasons

► The amazing cliffs are just a small part of what makes this Pacific-coast city such a hot destination

John Wayne slept here.

And so did Tarzan, or at least Johnny Weissmuller, the man who created the famous yodelling call used by every successive loin-cloth-clad, vine-slinger in Hollywood.

"Here" is Los Flamingos, a tiny pink-washed stucco hotel, perched about 275 metres above the Pacific Ocean, on the edge of the cliffs that form part of Acapulco's Old Town.

"This way, that's Tarzan's round house," says Carlos Serrano, the cab driver who brought me to one of the symbols of what Acapulco once was — a playground for the rich, the famous and, most of all, for Hollywood stars.

Weissmuller, an Olympic gold-medal-winning swimmer, wasn't the first Tarzan, but he became the best known and played Edgar Rice Burroughs' jungle-raised ape man in a dozen films.

The cool wind off the Pacific, even on a 30-degree-plus day, is a reminder of why the location was great in an age before air conditioning. Now however, all the action has moved down the hill directly to the bay itself.

There, and at the Diamante resort area just southeast of Acapulco proper, are the huge hotels, condominiums and time-shares that still swell Acapulco's native population with thousands of visitors.

It's easy to see the attraction the ancient city on the Pacific holds for visitors. Checking the winter weather forecast seems pointless when the chances are 10-to-1 it will be 30 and sunny. OK, sometimes it's 32 and sunny.

Acapulco is a city of ups and downs once you move away from Costera Miguel



► A cliff diver performs at La Quebrada, in Acapulco, Mexico. You can watch the divers from a perch just in front of the cliffs for 40 pesos (about \$4).



► Tarzan's round house at Los Flamingos in Old Town Acapulco.

Aleman, the broad boulevard choked with traffic that runs along the beach. There are hillside discos where you can dance the night away and first-class restaurants that show off Mexican and international cuisine.

There are the narrow winding streets of Old

Town, as the locals call it, and the cliffside mansions, nightclubs and hotels of the hilltop Las Brisas area, which separates Acapulco proper from the Playa Diamante resort area, where the Pacific crashes onto shore with no bay to shelter its impact.

THE CANADIAN PRESS

From TV to book-stores

Kary Osmond knows her way around the kitchen and has been familiar with culinary undertakings since she was six.

"I helped in my parents' Ukrainian deli in Mississauga (west of Toronto) getting platters ready for banquets and other events," says the 32-year-old host of CBC TV's show *Best Recipes Ever*, which airs weekdays at 3 p.m.

It's a gig Osmond has aspired to for years. She always dreamed of having a cooking school or show.

After graduating from the chef program at Toronto's George Brown College, she landed a position at a Toronto restaurant.

In her spare time she was an avid viewer of the Food Network Canada and Canadian Living Cooks. So it was fortuitous that she would be chosen for *Best Recipes Ever*.

Coincidentally, Osmond takes advantage of Canadian Living Magazine's vast vault of recipes and meal-time solutions on the show.

Busy cooks can now also find many of those same recipes in one collection entitled *Best Recipes Ever: Easy, Affordable, Healthy Meal Solutions for Everyday Occasions* (Transcontinental Books, \$29.95, paperback). It showcases all of the recipes featured on the show's first and second seasons. Cooks will find recipes for everything from appetizers to desserts. **THE CANADIAN PRESS**

Mushrooms to bring out love?

LARRY CROWE/ THE ASSOCIATED PRESS



► This stroganoff is great served over brown or red rice as well as mashed potatoes or the more traditional noodles.

Spicy Moroccan soup, South African bobotie, lentil curry from Nepal, even Mexican burritos.

When you're looking to cook up some vegetarian love, the world's cuisines offer plenty of ways to stimulate the senses.

"It's a lovely way to do it, especially if you've been somewhere and you want to recreate a magical moment," says Troth Wells, author of *One World Vegetarian Cookbook*.

Oysters and steak with bearnaise have long been the standard for "roman-

tic" meals.

But Wells says the inherent sensuality of vegetables will tickle the senses without leaving you too full to frolic after.

And then there are the spices. Considered aphrodisiacs by many ancient cultures, spices such as nutmeg are said to increase amorous function. Chili releases endorphins, while cinnamon, cardamom and cloves have historically been considered erotic scents.

"Like diamonds and perfume, anything that's ex-

pensive and requires some dangerous exploits to get it has some sexual excitement to it," she says.

Mushroom Stroganoff

Preparation:

1 In a large skillet over medium-high, heat oil. Add onion and sauté for 4 minutes. Add garlic and sauté for another 30 seconds.

2 Increase heat to high and add mushrooms, paprika and nutmeg.

Sauté for 10 minutes or until mushrooms are soft and brown.

3 Add wine and balsamic vinegar, stir well. Bring to a simmer reduce heat and cook for 5 minutes. Stir in cilantro, then

creme fraiche. Season with salt and pepper. Serve over rice, mashed potatoes or noodles.

THE ASSOCIATED PRESS/ RECIPE ADAPTED FROM ONE WORLD VEGETARIAN COOKBOOK BY TROTH WELLS (INTERLINK, 2011)

Ingredients:

- 30 ml (2 tbsp) canola oil
- 1 medium yellow onion, thinly sliced
- 4 cloves garlic, crushed
- 500 g (1 lb) button or mixed mushrooms, sliced or quartered
- 5 ml (1 tsp) paprika
- Pinch nutmeg
- 125 ml (1/2 cup) white wine
- 15 ml (1 tbsp) balsamic vinegar
- 30 ml (2 tbsp) fresh cilantro
- 90 ml (6 tbsp) creme fraiche
- Salt and ground black pepper, to taste



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How to make that PowerPoint pop

► Click, click, click, snooze? ► Keep your colleagues awake with these tips on perfecting the work presentation



DREW HINSHAW
LIFE@METRONews.ca

When the moment comes to deliver a sales pitch or propose a project, all too many speech-shy professionals fall back on what may be the modern world's most tedious way to present an idea: PowerPoint.

Speech coaches say there's no better tool for turning a slide show into a drag.

"I myself like PowerPoint, I just don't like what people do with it," bemoans Elaine Snyder, public speaking expert. "They put a whole bunch of stuff up on the screen, which is the worse thing there is to do."

Cramming your slides

"When delivering the presentation never look at the screen. People don't want to see the back of your head."

ELAINE SNYDER,
PUBLIC SPEAKING EXPERT

with fine text could make your PowerPoint feel power pointless. To avoid the temptation, script your speech on a scrap of paper.

"Don't put together your presentation in PowerPoint," speech coach Patricia Fripp recommends. "Build it on a pad of paper, a white board, or on a flip chart, and then ask yourself, where absolutely must I add the PowerPoint?"



With a good script, you might be surprised how little you need it.

"If you're engaging the audience, and you're telling a story, you won't

need PowerPoint," she says. "But if you're looking to illustrate a point, you might want to have a chart, or a graph, or a diagram. Or, if it's a learning

session, you just put bullet points of what you want people to remember."

One of the biggest dangers in using a slide show in a pitch isn't what it does

to your speech – it's what it does to your body language.

"When delivering the presentation, never look at the screen," Snyder stresses. "People don't want to see the back of your head."

Fixating your eyes on the audience in front of you conveys confidence, she adds. And long after that audience has forgotten the contents of slide 27 — or how quirky the animated .gif was on slide 42 — they will remember the impression they took away of you.

"A speech is all about building rapport with the audience," Fripp concurs. "If the audience is reading your PowerPoint, then they can't listen and pay attention to you."

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BEWARE THE ONLINE BUY

People often get exactly what they pay for. This is as true in law as it is in life. Here is one story that should give people pause when they are offered legal services over the Internet.

Recently, a couple came to me seeking a second opinion following a dispute with a temporary contractor they hired, or so they thought. They had found a

lawyer online, selling precedent "contracts" at a discount. Since this couple was new to their business, they were unfortunately drawn to this lawyer's website, believing they would get a solid product without spending money on a lawyer's time.

The couple explained that they had sought to hire an individual contractor to complete a few tasks.

After that, they would not need him anymore. They swiftly purchased one of this lawyer's "contracts" online and gave it to the individual to sign, not realizing that what they had purchased was much different from what they actually needed the contractor to sign.

After he had completed his tasks within the first six months, the contractor's job was done. No problem there. However, the contract they had signed guaranteed him one year's worth of work.

The full article can be read online at metronews.ca

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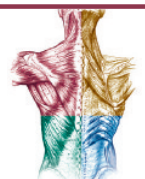
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Dr. Twitter, please help

Keeping up to date on the barrage of medical information available online can be daunting, and health-care professionals are now turning to social media to figure out how to make it easier.

Every Wednesday, as many as 70 health-minded Twitterers meet online to debate — in 140 characters or less — the best ways to use the web to get accurate information to those who want it, without overwhelming them with an unmanageable number of tweets or viral videos.

"There are a lot of people and organizations struggling with how to do that on social media, in health care in particular," said Colleen Young, who started the Healthcare Social Media Canada (#hcsmc) group

last September.

Getting health-care professionals and the public talking will help organizations understand what kind of online content users find most valuable, explained Young, a freelance medical writer for cancer organizations and patients.

"There are very definite ways that they want to get public health messages."

Young said that patients are more interested in a two-way conversation with health providers. Rather than being bombarded by only links to a new anti-smoking campaign or research on healthy eating, users want to share their own news or opinions with health-care groups and hear back if they find it interesting. **THE CANADIAN PRESS**

A grip on the grind

► Papers piling up at a rapid pace? ► Learn how to handle your workload



TINA CHADHA
LIFE@METRONEWS.CA

If most days at work your to-do list is left undone, you drag assignments home when you should be relaxing and 500 or so unread e-mails point their fingers at you every time you open your inbox — then it's time to get organized. Laura Leist, an organization and productivity consultant, gives us tips:

1 "It's always best to plan for the next day at the end of day," says Leist. "I say pick three really important things that you need to get done. A lot of times people pick too many things to do and they feel like nothing

is accomplished."

2 "Once you picked your three tasks, those are things you should do first." She recommends holding off on the little things you can scratch off the list first. "You want to work toward getting the bigger stuff done."

3 "It's unrealistic to say you're going to work on a project for eight hours in the day, because things always come up," says Leist.

"It's more realistic to say, 'I'm going to spend two or three hours a day on this project.' In that way you'll have other time during those days to work on other projects, too."

4 Implement a task-management system — and use it daily. "You need something to keep track of the current things you're working on and a place to store your ideas for future projects," says Leist.

She suggests applications such as TeuxDeux.com, RememberTheMilk.com and ActionMethod.com.



5 "Use your calendar to schedule projects you are working on, meetings and networking things you're going to," says Leist.

This way, you can look

back at the end of the day or week and see what didn't get accomplished.

Then move those tasks forward to the following day or week.

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Kids say, 'Mom, that snack's not healthy'

► Meet Mrs. Ciccarelli's Grade 3 class, a crack team of junior nutritionists ► These kids say the healthiest things

If you are browsing for cereal in a Thornhill grocery store, you may be stopped by a boy or girl from Mrs. Ciccarelli's Grade 3 class.

Her 19 students at St. Michael Catholic Academy have been learning about healthy eating and are eager to share their knowledge.

Cereals — and how to choose a nutritious one — are one of their areas of expertise.

Mrs. Ciccarelli's students also know how to read ingredient lists and decode nutrition labels on food packaging.

They know produce that comes from faraway countries is not as good — for you or for the environment — as fruits and vegetables grown close to home.

And they know to be wary of suspicious nutrition claims and foods that are riddled with artificial colours and flavours.

A visitor to Mrs. Ciccarelli's class will learn a lot from the students.

Healthy eating is part of the Grade 3 curriculum, which primarily focuses on Canada's Food Guide. For Fran Ciccarelli, the standard information wasn't enough.

"The students only needed to know the four food groups and some examples of foods that are healthy and what are not," she says. "I take it one step further. Once we start looking at food labels, the kids ask more and more questions and it just snow-

balls from there."

One of the students' favourite class exercises is to investigate the ingredients of popular grocery store foods. They were recently shocked to find out a yogurt drink did not contain actual yogurt.

"When we looked at the ingredient list we found it has cream in it, but no yogurt," Ciccarelli says. "That's the kind of thing we do."

"One of my goals is to have the students question what they are buying, and what they are putting in their bodies."

In all the lessons, Ciccarelli says the goal is to encourage healthy choices. She tells them there are foods that should be eaten every day and others that should be saved for a special treat.

"With the kids, we talk about things like if you are at an airport and need to eat a meal, you have to learn how to make the best choice out there. Sometimes the best isn't great, but it's the best you can do at that time and that's okay."

Ciccarelli says teaching 8- and 9-year-olds about healthy ingredients and the dangers of too many calories is as important as reading, writing and arithmetic.

She hopes her students take that knowledge with them, to the cereal aisle and beyond.

"It's never too young to learn. Never."

TORSTAR NEWS SERVICES

19 Mrs. Ciccarelli's 19 students are healthier eaters.



► Mrs. Ciccarelli's Grade 3 class.



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Kids know best

► **Maya Piasecki:** "If there is lots of colour and lots of advertisements, like puzzles, on a package don't take that one. Take ones that are plain. Don't fall for advertisements."

► **Olivia Thalassinis:** "If sugar is the first ingredient it's not that healthy for you so you shouldn't have that much of it."

► **Jordan Macedo-VanHorne:**

"Don't eat foods with food colouring because they are bad for you."

► **Natalie Matthews:** "Eat lots of dark greens."

► **Christian Cuda:** "Greens are the best for you, so always have that with a meal. Like maybe a salad."

► **Mark Stephenson:** "If you have a choice between a hot dog or steak and vegetables, pick steak and vegetables. It's more natural."

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The Oilers (25-43-11) play their second game in as many nights after completing a home-and-home with the Canucks.



Mikka Kiprusoff is keeping Calgary (40-29-11) in playoff contention. He stopped 34 shots in the Flames' 2-1 win over Colorado on Sunday.
THE CANADIAN PRESS

Langkow's comeback aids late-season push

► Freshly returned forward forced to adapt quickly to pace of play

With their playoff hopes flickering, the Calgary Flames have found a late-season spark with the return of Daymond Langkow.

The veteran forward returned to Calgary's lineup last Friday in a 3-2 win against St. Louis for the first time since suffering a broken vertebrae in his neck in March 2010.

"I feel great physically, better than expected," said Langkow, who also suited up for Calgary's 2-1 road win over the Colorado Avalanche Sunday. "I thought I was going to be a little more sore after the two games. I feel really good and I'm looking forward to (tonight)."

Calgary is one point back of Chicago in a tight race for the final Western Conference playoff spot, but the Blackhawks have two games in hand.

The Flames are looking

to finish the season with wins at home against the Edmonton Oilers tonight and the Vancouver Canucks on Saturday. Even with the two victories, the Flames still need the Anaheim Ducks, Chicago and the Dallas Stars to slump considerably in the final week of the regular season.

"It's kind of a long shot, but you never know," said Langkow, who would love to keep playing into the post-season. "We win (tonight) and maybe put a little more pressure on Chicago. There's still a chance even though it's slim. We just have to win these next two games and you never know what can happen."

Langkow suffered the injury during a game in Minnesota when a point shot by Ian White struck him at the base of his neck.

"We didn't know for sure



► Daymond Langkow, shown here in February 2010, recorded an assist in his first game back Friday against St. Louis after missing over a year with a broken neck vertebrae.

if he'd ever play again," said Calgary captain Jarome Iginla. "We didn't know exactly how he was feeling. We knew it was obviously pretty scary and a lot of question marks."

Langkow, 34, told team doctors in February that the tingling in his body had finally subsided and that he was ready to get in game shape.

"It was very special," said

Langkow of his return against St. Louis. "I was very anxious the day before. I just wanted to get on the ice and get going. It felt great ... Overall, it was good." THE CANADIAN PRESS

Opinion

BRIAN COSTELLO

THE HOCKEY NEWS



FEASTER STUCK WITH BURDEN OF BAD DEALS

For the Flames to be more like the January-to-April team than the October-to-December team, they'll need to get rid of dead weight in the off-season.

Unproductive wingers Ales Kotalik and Niklas Hagman will be bought out of their \$3 million contracts. For that, the Flames will be charged \$2 million against the salary cap each of the next two seasons.

Dreadful centre Matt Stajan is inked for \$3.5 million each of the next three seasons. There probably isn't another forward in the game making half a million a goal. But buying him out would take too much bite out of the cap for too long a period — six years.

This wasn't interim GM Jay Feaster's mistake. But he can undo a horrible wrong by getting rid of the soft pivot, either in a trade (I can't imagine there being a buyer) or demoting him to Abbotsford next season. More teams these days are burying bad contracts in the AHL — Sheldon Souray and Wade Redden are two examples.

These moves are necessary because the Flames have to free up cap space in order to sign contributing unrestricted free agents Alex Tanguay, Curtis Glencross, Brendan Morrison and Anton Babchuk, not to mention Adam Pardy and Henrik Karlsson. With Daymond Langkow healthy and able to play next season, the Flames won't have much more than about \$6 million in cap space. Signing those UFAs, or finding replacements, will

cost well north of \$10 million.

There's another option I'd seriously consider: Find a taker for Jay Bouwmeester.

At \$6.68 million for each of the next three seasons, Bouwmeester is grossly overpaid. There are a few things he does well — eats up minutes on the blue-line, skates well and has a long reach. He does for Calgary what San Jose stay-at-home gem Marc-Edouard Vlasic does for \$3.1 million a year.

What Bouwmeester doesn't do is contribute to the attack. He has seven goals in two Flames seasons compared to 42 in three in Florida. He has a ham-handed stick on the power play and a mediocre shot. Nor does Bouwmeester punish foes in his own zone. J-Bo might be third among NHL defencemen in ice time, but he's 109th in hits. When the Flames needed him at his best during the California road trip and do-or-die games down the stretch, he was minus-7 in 10 games.

Maybe Bouwmeester is playing too much. Maybe being a minute muncher is a knock, not an attribute. I'd rather see Calgary's other defencemen playing a couple minutes more each.

Come to think of it, I'd rather see guys like Tim Erixon or T.J. Brodie or Brett Carson replace Bouwmeester next year. And the savings would help the Flames meet their budget with room to spare.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Washington	80	47	22	5	6	219	194	105	24-8-2-6	23-14-3-0	7-2-0-1	W3
dx-Philadelphia	80	46	23	4	7	249	215	103	21-12-2-5	25-11-2-2	3-4-0-3	L4
y-Boston	79	44	24	5	6	238	189	99	20-13-3-3	24-11-2-3	5-3-1-1	L1
x-Pittsburgh	80	47	25	5	3	225	196	102	25-14-2-0	22-11-3-3	7-3-0-0	W2
x-Tampa Bay	80	44	25	5	6	237	236	99	24-11-1-4	20-14-4-2	5-3-1-1	L1
x-Montreal	80	43	30	4	3	210	205	93	24-11-3-3	19-19-1-0	5-5-0-0	W2
Buffalo	80	41	29	9	1	236	222	92	20-16-3-1	21-13-6-0	7-1-2-0	W2
NY Rangers	80	43	32	2	3	228	193	91	19-16-1-3	24-16-1-0	7-2-0-1	W2
Carolina	79	38	30	6	5	225	232	87	21-13-3-2	17-17-3-3	7-2-1-0	L1
Toronto	80	37	32	5	6	215	243	85	18-14-3-5	19-18-2-1	7-2-0-1	L1
Atlanta	79	33	34	5	7	217	258	78	17-15-2-5	16-19-3-2	4-6-0-0	L2
New Jersey	79	36	38	3	2	165	200	77	20-16-2-1	16-22-0-2	3-6-0-1	L2
NY Islanders	79	30	37	7	5	220	250	72	17-18-1-4	13-19-6-1	3-5-2-0	L1
Ottawa	80	31	39	5	5	188	245	72	15-20-2-3	16-19-3-2	5-3-0-1	L1
Florida	79	29	38	5	7	190	220	70	15-17-4-4	14-21-2-2	1-6-0-3	W3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	80	52	19	4	5	254	183	113	26-9-1-4	26-10-3-1	7-3-0-0	L2
y-San Jose	79	47	23	4	5	240	202	103	24-11-2-3	23-12-2-2	8-1-0-1	W4
y-Detroit	79	46	23	6	4	255	231	102	21-13-4-2	25-10-2-2	5-3-2-0	W2
Nashville	80	43	26	7	4	215	191	97	23-9-3-5	20-17-2-1	8-1-1-0	W1
Los Angeles	79	45	28	4	2	214	191	96	24-12-3-0	21-16-1-2	6-3-1-0	L1
Phoenix	79	42	25	7	5	224	217	96	20-13-4-3	22-12-3-2	7-2-0-1	L1
Anaheim	79	44	30	3	2	228	231	93	24-12-3-0	21-17-1-2	7-3-0-0	L2
Chicago	79	42	28	4	5	247	216	93	23-16-0-0	19-12-5-4	5-4-1-0	L2
Dallas	79	40	28	4	7	217	224	91	21-11-3-5	19-17-1-2	3-4-2-1	W2
Calgary	80	40	29	4	7	242	233	91	22-13-1-3	18-16-3-4	4-4-1-1	W2
St. Louis	80	37	33	4	6	235	230	84	22-13-1-4	15-20-3-2	6-3-0-1	W1
Minnesota	79	37	34	3	5	198	224	82	18-17-2-3	19-17-1-2	2-7-1-0	L2
Columbus	80	34	33	5	8	210	249	81	17-18-1-4	17-15-4-4	2-5-2-1	L4
Colorado	79	29	42	7	1	219	278	66	15-20-4-0	14-22-3-1	3-7-0-0	L2
Edmonton	79	25	43	2	9	188	256	61	13-21-1-5	12-22-2-3	2-6-0-2	W2

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results

Edmonton 2 Vancouver 0
Montreal 2 Chicago 1 (OT)
Ottawa 5 Philadelphia 2
Washington 3 Toronto 2 (SO)
Buffalo 4 Tampa Bay 2
Dallas 3 Columbus 0
Nashville 6 Atlanta 3
Pittsburgh 4 New Jersey 2
St. Louis 3 Colorado 1
Monday's results
N.Y. Rangers 5 Boston 3
San Jose 6 Los Angeles 1

CAPITALS 3, MAPLE LEAFS 2 (SO)

First Period

1. Toronto, Kulemin 30 (MacArthur, Gunnarsson) 5:37 (pp)
2. Washington, Ovechkin 31 (Laich, Sturm) 11:28 (pp)

Penalties — Carlson Wash (holding) 4:23, Lashoff Tor (delay of game) 9:37, Crabb Tor (hooking) 11:17.

Second Period

3. Toronto, Lupul 14 (Kessel, Schenn) 1:35
4. Washington, Erskine 4 (Hendricks, Bradley) 12:07

Penalties — Chimera Wash, Komisarek Tor (fighting) 12:34, Brent Tor (holding) 15:26.

Third Period

No Scoring.
Penalties — None.

Overtime

No Scoring.

Penalty — Backstrom Wash (delay of game) 4:50.

Shootout

(Washington wins 1-0)

Toronto (0) — Grabovski, miss; Kadri, miss;

Tonight's games

N.Y. Islanders at Boston, 7 p.m.
Toronto at New Jersey, 7 p.m.
Florida at Washington, 7 p.m.
Detroit at Carolina, 7 p.m.
St. Louis at Chicago, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

Tomorrow's games

Atlanta at N.Y. Rangers, 7 p.m.
Montreal at Ottawa, 7:30 p.m.
Colorado at Dallas, 8:30 p.m.
Minnesota at Vancouver, 10 p.m.

Kulemin, miss; Lupul, miss. Washington (1) — Backstrom, miss; Hendricks, miss; Ovechkin, miss; Knuble, goal.

Shots

Washington 9 17 14 1—41
Toronto 5 5 10 1—21

Goal — Washington: Neuvirth (W,27-11-4); Toronto: Reimer (SOL,20-8-5). **Power plays (goals-chances)** — Washington: 1-3; Toronto: 1-2.

Referees — Tom Kowal, Kevin Pollock. **Linesmen** — Steve Miller, Mark Shewchuk.

Att. — 19,509 at Toronto.

SENATORS 5, FLYERS 2

First Period

1. Philadelphia, Richards 22 (Timonen, Giroux) 3:40 (pp)

2. Ottawa, Foligno 14 (Spezza, Kuba) 15:37 (pp)

Penalties — Condra Ott (hooking) 3:17, Holmstrom Pha (fighting), Neil Ott (instigating, fighting, misconduct) 4:59, Foligno Ott (tripping) 12:13, Meszaros Pha (interference) 13:59.

Second Period

3. Philadelphia, Richards 23 (Zherdev, Timo-

nen) 15:56 (pp)

4. Ottawa, Shannon 11 (Spezza, Kuba) 18:22 (pp)

5. Ottawa, Butler 8 (Smith, Spezza) 19:46

Penalties — Hartnell Pha (holding) 2:47, Lessard Ott (tripping) 7:32, Benoit Ott (hooking) 11:32, Michalek Ott (high-sticking) 14:24, Syvret Pha (holding) 17:02.

Third Period

6. Ottawa, Spezza 20 (Shannon, Butler) 8:03 (pp)

7. Ottawa, Michalek 18 (Winchester, Hale) 18:42 (en)

Penalties — Meszaros Pha (high-sticking) 1:14, Carcillo Pha (holding) 7:12.

Shots on goal by

Philadelphia 5 13 11 29
Ottawa 12 12 12 36

Goal — Philadelphia: Bobrovsky (L,28-13-7); Ottawa: Anderson (W,23-20-4).

Power plays (goals-chances) — Philadelphia: 2-6; Ottawa: 3-5.

Referees — Francois St. Laurent, Don Van-Massenhoven. **Linesmen** — Steve Barton, Scott Cherrey.

Att. — 18,397 (19,153) at Ottawa.

CANADIENS 2, BLACKHAWKS 1 (OT)

First Period

No Scoring.

Penalties — Subban Mtl (hooking) 17:40, Hamrik Mtl (interference) 19:54.

Second Period

1. Montreal, Cammalleri 18 (Kostitsyn, Mara) 6:55

2. Chicago, Kane 27 (Brouwer, Seabrook) 10:05

Penalties — Toews Chi (interference) 0:46, Stalberg Chi (holding), Kostitsyn Mtl (tripping) 7:42, Subban Mtl (delay of game) 12:45.

Third Period

No Scoring.

Penalties — Kopecky Chi (goaltender interference) 10:17, Kostitsyn Mtl (holding) 13:20.

Overtime

3. Montreal, Subban 14 (Kostitsyn, Cammalleri) 1:13 (pp)

Penalty — Toews Chi (tripping) 0:37.

Shots

Chicago 9 14 20 —43
Montreal 12 12 9 2—35

Goal — Chicago: Crawford (L,31-17-6) Montreal: at Price (W,37-28-6). **Power plays (goals-chances)** — Chicago: 0-5, Montreal: 1-4.

Referees — Eric Furlatt, Brian Pochmara. **Linesmen** — Tony Sericolo, Pierre Champoux.

Att. — 21,273 (21,273) at Montreal.

BLUES 3, AVALANCHE 1

First Period

1. St. Louis, Backes 30 (Shattenkirk, McDonald) 14:55

2. Colorado, K.Porter 14 (Olver, Duchene) 16:42

Penalties — Reeves STL (tripping) 5:13, Yip Col (elbowing) 10:12, Koci Col, Janssen STL (fighting, game misconduct), McLeod Col, Reeves STL (fighting) 17:33.

Second Period

3. St. Louis, Shattenkirk 9 (Colaico, McDonald) 4:07 (pp)

Penalties — Holos Col (high-sticking) 2:27, O'Byrne Col (cross-checking) 2:39.

Third Period

4. St. Louis, McDonald 20 (Nikitin) 19:20 (en)

Penalties — Wilson Col, Oshie STL (fighting) 5:08, Reeves STL (interference) 8:31, K.Porter Col (fighting), Stoa Col (roughing, tripping), Olver Col, Sobotka STL (unsportsmanlike conduct, misconduct), Jackman STL (roughing, misconduct), Crombeen STL (instigator, fighting, misconduct) 9:17.

Shots

Colorado 12 6 9—27
St. Louis 7 12 10—29

Goal — Colorado: Budaj (L,14-20-4); St. Louis: Halak (W,26-21-7).

Power plays (goals-chances) — Colorado: 0-2; St. Louis: 1-3.

Referees — Stéphane Auger, Kelly Sutherland. **Linesmen** — Scott Driscoll, Vaughan Rody.

Att. — 19,150 (19,150) at St. Louis. Mo.

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Baltimore	4	0	1.000	—
Toronto	3	1	.750	1
New York	3	2	.600	1½
Boston	0	4	.000	4
Tampa Bay	0	4	.000	4
CENTRAL DIVISION				
	W	L	Pct	GB
Kansas City	4	1	.800	—
Chicago	2	2	.500	1½
Cleveland	2	2	.500	1½
Minnesota	2	3	.400	2
Detroit	1	3	.250	2½
WEST DIVISION				
	W	L	Pct	GB
Texas	5	0	1.000	—
Los Angeles	2	3	.400	3
Seattle	2	3	.400	3
Oakland	1	3	.250	3½

Yesterday's results

Toronto 7 Oakland 6 (10 innings)
Cleveland 3 Boston 1
Kansas City 7 Chicago White Sox 6 (12 innings)
L.A. Angels at Tampa Bay
Minnesota 5 N.Y. Yankees 4 (10 innings)
Texas 3 Seattle 2
Monday Results
Baltimore 5 Detroit 1
N.Y. Yankees 4 Minnesota 3
Texas 6 Seattle 4

Today's games

L.A. Angels (Haren 0-0) at Tampa Bay (Hellickson 0-0), 1:10 p.m.
Seattle (F.Hernandez 1-0) at Texas (C.Wilson 0-0), 2:05 p.m.
Chicago White Sox (Buehrle 1-0) at Kansas City (Francis 0-0), 2:10 p.m.
Boston (Matsuzaka 0-0) at Cleveland (Talbot 0-0), 7:05 p.m.
Detroit (Verlander 0-0) at Baltimore (Bergesen 0-0), 7:05 p.m.
Minnesota (Pavano 0-1) at N.Y. Yankees (Garza 0-0), 7:05 p.m.
Oakland (Braden 0-0) at Toronto (Litsch 0-0), 7:07 p.m.
Tomorrow's games
Boston at Cleveland, 12:05 p.m.
Oakland at Toronto, 12:37 p.m.
Minnesota at N.Y. Yankees, 1:05 p.m.
Tampa Bay at Chicago White Sox, 2:10 p.m.
Detroit at Baltimore, 7:05 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	3	2	1	0	2	1	6
New England	3	1	0	2	4	3	5
New York	3	1	0	2	2	1	5
Chicago	2	1	0	1	4	3	4
Kansas City	3	1	1	1	8	5	4
Toronto	3	1	1	1	3	3	4
D.C. United	3	1	2	0	5	7	3
Houston	3	0	1	2	2	3	2

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Colorado	3	3	0	0	8	2	9
Los Angeles	4	1	1	4	4	5	6
Real Salt Lake	2	2	0	0	5	1	6
Vancouver	3	1	1	1	7	6	4
San Jose	3	1	1	1	4	3	4
Seattle	4	0	2	2	3	4	2
Chivas USA	3	0	2	1	3	5	1
Portland	3	0	2	1	2	6	1
Dallas	3	0	2	1	1	5	1

Note: Three points for win, one point for tie.

Tonight's game
New England at Vancouver, 10 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	3	1	.750	—
Philadelphia	3	1	.750	—
Atlanta	3	2	.600	½
Florida	2	2	.500	1
Washington	1	3	.250	2
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	4	0	1.000	—
Chicago	3	2	.600	1½
Pittsburgh	3	2	.600	1½
St. Louis	2	3	.400	2½
Milwaukee	1	4	.200	3½
Houston	0	4	.000	4
WEST DIVISION				
	W	L	Pct	GB
San Diego	3	1	.750	—
Colorado	2	1	.667	½
Los Angeles	3	2	.600	½

5
drive

By comparison

Volvo XC60 AWD

Base price: \$46,200
Cool and comfy all-weather wagon that focuses on safety, agility.

**Audi Q5 V6**

Base price: \$51,700
Touareg's second cousin with a luxurious cabin and Quattro four-wheel-drive.

**Lincoln MKX AWD**

Base price: \$48,000
New-look 2011 model a techno-marvel inside plus plenty of interior space.



WHEELBASE MEDIA



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Engine performance

A mix of new and old can be found beneath the Touareg's freshly formed hood. A 280-horsepower 3.6-litre V6 (TSI) carries over as the base gasoline engine.

Still optional is a 225-horsepower 3.0-litre V6 turbo-diesel (TDI) that makes 406 pound-feet of torque.

The TDI is rated at 11.9 l/100 km in the city and 8.0 on the highway, compared with 12.3/8.8 l/100 km for the TSI.

Wider, shorter and lighter

The Touareg is now a bit wider, but shorter than before and has been stretched by about 3.8 centimetres between the front and rear wheels.

However, the greatest singular advancement is in the 160 kilograms that have been excised from the vehicle. Most of the seven-per-cent weight reduction comes from lightening the platform and powertrain as well as a number of key suspension components that are now constructed of aluminum.

4MOTION

All Touaregs come standard with VW's dual-range 4MOTION all-wheel-drive setup that in normal driving situations maintains a 40:60 front-to-rear torque bias. The system also features a locking centre differential that fixes the torque split to maximize traction over slippery terrain.

For 2011, Comfortline, Highline and Executive trim levels are offered. All feature a wealth of luxury content.



► The Touareg looks different, for sure, but just as important is that it weighs significantly less. Coupled to a new eight-speed automatic transmission, fuel economy is much improved.

Give this SUV some respect

MALCOLM GUNN
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WHEELBASE MEDIA

Rodney Dangerfield famously complained that he never received a scintilla of respect.

In terms of overall popularity, the Volkswagen Touareg has had the same issue with its 2004-model-year launch.

Perhaps it's the nearly unpronounceable name (Touareg, or Twah-regg, refers to a nomadic Sahara-dwelling tribe), its low-key styling or a price tag that outdistances many of its luxury competitors.

But it could also be that people shopping for vehicles in this bracket are reluctant to spend in excess of 50 large for a Volkswa-

gen, regardless of how proficient it is at churning up the sod.

These folks can cross-shop VW's Audi offshoot for the five-passenger, V6-equipped Q5 sport ute that offers upscale brand name cachet for about the same price as a new Touareg.

Fortunately VW has managed to attract sufficient fans of the marque to invest in an updated second-generation wagon that wraps its rugged underpinnings in a more attractive package.

Now that the slimmed-down Touareg has also been made more attractive and less thirsty, Volkswagen can likely expect more look-sees and a less of the Rodney Dangerfield treatment.



► A look at the cargo space of the Touareg.



► There's really no such thing as a "base" Touareg since you get leather and a fancy touch screen in the centre stack.

Touareg

What you should know about the 2011 Volkswagen Touareg:

- **Types:** Four-door, four-wheel-drive sport utility vehicle.
- **Engine (hp):** 3.6-litre DOHC V6 (280); 3.0-litre DOHC V6, turbo-diesel (225).
- **Transmission:** Eight-speed automatic.
- **Market position:** The Touareg slots into the mid-luxury group of sport utility vehicles that includes both genuine off-road-capable vehicles plus so-called soft-roaders that function well in poor weather and/or poor road conditions.



MODEL SHOWN: FA1E6BJX

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Limited time lease offers based on new 2011 Honda models. Lease examples based on new 2011 Accord Sedan SE MT, model CP2E6BE / 2011 CR-V LX 2WD, model RE3H3BEY / 2011 Civic Sedan SE MT, model FA1E6BJX available through Honda Financial Services on approved credit. £ 3.9% / 0.9% / 0.9% lease APR for 48 / 48 / 48 months. Monthly payment, including freight and PDI, is \$308.00 / \$288.00 / \$198.00. Down payment or equivalent trade of \$3,040 / \$2,590 / \$3,100, environmental fees, \$0 / \$0 / \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$17,824.00 / \$16,414.00 / \$11,854.00. GST, license, insurance, taxes and registration are extra. 96,000 kilometre allowance; charge of \$0.12/km for excess kilometers. Retailer may lease for less. Retailer order / trade may be necessary. † Limited time financing offers based on new 2011 Honda models. Finance example based on a new 2011 Honda Civic Sedan SE MT, model FA1E6BJX, available through Honda Financial Services on approved credit. MSRP is \$20,975 (includes \$1,395 freight and PDI) financed at 0.9% APR equals \$357.64 per month for 60 months. Cost of borrowing is \$483.34 for a total obligation of \$21,458.34. GST, license, insurance, environmental fees and registration are extra. ‡ MSRP is \$26,340.00 / \$27,880.00 / \$20,975.00 for a new Honda Accord Sedan SE MT, model CP2E6BE / CR-V LX 2WD, model RE3H3BEY / Civic SE MT, model FA1E6BJX and includes \$1,550.00 / \$1,590.00 / \$1,395.00 freight and PDI. GST, license, insurance, environmental fees and registration are extra. Retailer may sell for less. Retailer order / trade may be necessary. ∞ Offer valid on new unregistered 2011 Honda Civic models when purchased/leased, registered and delivered during the offer period. # / £ / † / ‡ / ∞ Offers valid from April 1st, 2011 through April 30th, 2011 at participating Honda retailers. Offers valid only for Alberta residents at Honda Dealers of Alberta locations. Offers subject to change or cancellation without notice. Visit HondaAlberta.ca or see your Honda retailer for full details.

Have the current gas prices got you down?

▶ Don't worry, there are easy ways to combat the price at the pump
▶ Read on for some tips that could end up saving you plenty of dough

Getting stuck in traffic can push even the most mindful motorists beyond the normal bounds of safety and fuel economy.

Did you know that trying to make up time in traffic with frequent speed changes, quick starts, hard braking and other uneconomical driving habits can increase your fuel consumption by up to 25 per cent or around \$500 a year in wasted fuel?

In tests, variations in speed caused a 20 per cent increase in fuel consumption in one test and 48 per cent in another, even though the average speed for all drivers remained at 80 km/h.

Drivers who maintain a steady speed save the most fuel — and money — by far.

Not only will you consume less fuel and save money, traffic flow will be smoother, your exhaust emissions will be lower and driving conditions will be safer.

Another thing that helps maintain a steady speed, of course, is using cruise control for highway

15

During city driving, where about half of the fuel you consume is used to accelerate your vehicle, you can conserve as much as 15 per cent by pressing the accelerator pedal gently and gradually.

driving where it is safe to do so.

However, on hilly terrain and where traffic conditions permit, you will consume less fuel by allowing your speed to drop slightly when you travel uphill and building your momentum again when you roll downhill.

Did you know that hard braking causes fuel use to go up? This happens when a driver keeps a foot on the accelerator — feeding fuel to the engine — then brakes at the last minute. It's more fuel efficient to drive smoothly by letting off the accelerator early and easing on the brakes.

NEWS CANADA



▶ If the sight of recent gas prices has given you heart palpitations, don't worry. You're not alone.

ALL PHOTOS COURTESY OF NEWS CANADA

Drive lean & clean



By adopting these four driving behaviours, you can cut back on gas, save money, curb harmful emissions and improve safety on our roads.

- 1 Be mindful:** If you have never driven with fuel efficiency in mind, now is the time to start. Make it a priority and watch your pennies pile up. You could save as much as \$500 a year in fuel costs and cut your carbon dioxide emissions by over 1,000 kilograms.
- 2 Recognize your driving style and modify it:** Are you aggressive, rushed, average or fuel-efficient? Aggressive drivers focus on speed, rushed drivers focus on saving time, average drivers react to changes in traffic whereas fuel-efficient drivers are always mindful of how their driving will affect their fuel consumption.

- 3 Think before you drive:** Can you take public transit? One bus takes up to 40 cars off the road and saves as much as 70,000 litres of fuel.

- 4 Avoid unnecessary idling:** Some Canadians spend about four per cent of their annual fuel consumption idling their vehicles. In fact, for every 10 minutes of idling, one third of a litre of fuel is wasted for an average vehicle. Turn off your engine when you are parked for more than 60 seconds, except in traffic.

NEWS CANADA



▶ Low rolling resistance tires can improve your gas mileage.

Think resistance

If you want to get the most mileage out of a tank of gas, consider investing in low rolling resistance tires.

Rolling resistance, is a measure of the force that it takes to move your tires forward on the road.

As you travel along, the weight of your vehicle "deforms" your tire tread where the rubber meets the road.

The resulting deformity generates heat between the tire and the road, which is then wasted in the form of heat as the tire rotates. The

only way for your engine to make up for the lost energy is through consuming fuel.

The heavier your vehicle, the more energy it burns to compensate. Who knew?

If new tires are on the horizon, seriously think about low rolling resistance tires.

Some tire manufacturers are now boasting a 20 per cent reduction in rolling resistance through high-efficiency tires that reduce fuel consumption by about four per cent.

NEWS CANADA



EVERYONE LEARNS FROM MISTAKES, RIGHT?

CONTRIBUTED

Auto Pilot

MIKE GOETZ

DRIVE@METRONEWS.CA



Humans learn from mistakes — it's part of our survival strategy. This is why disco only happened once, aided of course, by John Travolta's inability to squeeze back into his white pants.

The meltdown of the auto industry in 2008 wasn't entirely the industry's fault, but its subsequent reincarnation affords us an opportunity to see if it, too, has the ability to learn from past mistakes.

It obviously had to downsize to meet lower "recession-style" demand, and in cases like Chrysler and GM, just to stay afloat.

But even with modest sales in 2009, lots of automakers turned nice profits. With lower operating costs they didn't have to sell so many units, and by not "over producing" they didn't have to sell those vehicles at "fire sale" prices. Not only is this a better profit model, it's better for the automaker's long-term brand image and health. Can they stick to this plan?

The telltale signs of oversupply are incentives — ze-

ro per cent financing, manufacturer rebates, employee pricing, bobble-head dolls for the first 1,000 customers. Automakers don't like incentives, but it's hard to look the other way, when you got product piling up and/or competitors eating your lunch. We're seeing more and more incentives creep back into the market, including many now based on fuel discounts.

Short-term fix or a slippery slope? We'll see. I think most automakers are just trying to adjust to the softer-than-expected rebound of the economy.

Many are sticking to their guns, however, about not "over producing." GM, for example, had a problem keeping up with Chevrolet Equinox and GMC Terrain demand. Both are built at the company's plant in Ingersoll, Ont. But instead of throwing big money at another plant, it addressed the situation with two shrewd moves — adding an Equi-

► The fleet-only Chevrolet Captiva is part of a plan to help GM overcome supply issues with the hot-selling Chevrolet Equinox and GMC Terrain crossovers.



nox/Terrain line at its Oshawa facility, and introducing the Chevy Captiva, a "fleet only" Mexican-built crossover based on the recently departed Saturn Vue.

Another automaker lesson learned since 2008, is don't alienate your suppliers. When automakers downsized, the supplier community suffered collateral damage. The automakers didn't shed too many tears over this, but now that they're in recovery mode and need more parts, the

auto parts suppliers aren't too quick to shake hands and make nice.

And then there is the leasing lesson: Ford, GM and Chrysler and others stopped leasing vehicles even before 2008, as they failed to manage the risks of using low, monthly leasing payments to move vehicles off lots. To get low leasing rates, they had to artificially inflate the value of what the vehicle would be worth as a used vehicle at lease end. The automakers'

in-house leasing companies were often on the hook for these discrepancies, which was exacerbated by a big batch of identical cars entering the used market at the same time, further depressing values.

Ford, GM and Chrysler are, or will soon be, tipping their toes back into leasing, and we wonder how disciplined they will be this time around.

I'm guessing, way more disciplined, but you never know.

ADVERTISEMENT

Back by Popular Demand Calgary Honda's \$5 Sale!

Since last fall, Calgary Honda has experienced overwhelming requests to bring the \$5 sale back on its pre-owned inventory. "Calgarians really liked the new outlook on pre-owned vehicles that we had to offer. They demanded better quality - and we gave it to them," says Govan Bianchini, Pre-Owned Sales Manager.

Most of the trades on the Calgary Honda pre-owned lot are bought or traded directly from Calgary Honda's own custom-

ers. This ensures quality and non-Eastern inventory. The event will feature over 120 cars, trucks, vans and sport utility vehicles, giving shoppers an excellent selection of many different makes and models. "It's quite simple; we have a wide range of value-priced vehicles that must go on Saturday, April 9th, at any price," adds Anthony Fowler, Sales Manager.

"The large variety of inventory we currently have makes it a perfect time to give Calgary what they've asked for," says

Bianchini. "Our vehicles will be offered for sale at this one-day special clearance event. All vehicles will be clearly marked with special pricing."

In addition to the lowest used car prices of the year, Calgary Honda will have an experienced appraiser available for additional trade-in requests. Plus, join us for a free BBQ, music, gifts and balloons.

The event begins at 9 a.m. on Saturday, April 9th. Calgary Honda is located at the

corner of Anderson Road and Macleod Trail, just south of Southcenter mall. For further details, visit www.calgaryhonda.ca.

This is a first-come, first-served basis. Sale prices do not include taxes and administration fees. Buyers must be at least 18 years old. See dealer for details.

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'The best car nobody's ever heard of'

► **Volvo C30 owners seem unanimously impressed**

SECOND GEAR



JUSTIN PRITCHARD
DRIVE@METRONews.CA

The C30 is Volvo's compact three-door hatch, which the Swedish automaker launched on Canadian shores for 2007 to battle the likes of the Audi A3, Mini Cooper, VW GTI, Mercedes B200 and others.

Available solely as a four-seat model with front-wheel drive, the C30 brought Volvo's reputation for safety, uniqueness and refinement into the upscale hatch segment. In the used market, shoppers can consider one of two engines for their C30. Standard was a 2.4-litre inline five-cylinder

What's the 4-1-1

- **Model:** 2007 to 2010 Volvo C30
- **Vehicle Type:** Three-door hatch
- **Approximate used price range:** \$16,000 to \$26,000

backed by a five-speed manual or five-speed automatic. This particular C30 designation was named the "2.4i," and it developed 168 horsepower.

The C30 "T5" got a turbocharged 2.5-litre five-cylinder engine, good for 218 horsepower and fitted with a six-speed manual. Newer models got a slightly-increased 227 horsepower. Available or standard feature content included a tilt and telescoping steering wheel, a sunroof, automatic



► 2007 Volvo C30

climate control, Volvo's unique waterfall console, antilock brakes, full power accessories, a driver computer, and an 8-speaker stereo with satellite radio.

What Owners Like

Ride and handling are almost unanimously highly rated amongst C30 owners.

Phrases like "fun to drive," "exciting" and "sporty" were frequently used as descriptors. Shifter feel and a solid, nicely-trimmed cabin are also raved about. One owner in an online forum even called the C30 "the best car nobody's ever heard of."

What Owners Hate

Heavy doors, a long reach for the seatbelts and hefty fuel consumption with the turbo engine are the more typical owner complaints.

Some owners also wish for an extra set of doors for easier access to the rear seats.

Common Issues

The C30 isn't a sales superstar — so the availability of consumer-reported reliability information from the usual sources is fairly sparse.

In checks of the usual online forums, things on the dependability front looked fairly solid.

Some digging revealed age-related complaints about broken floor-mat anchors, easily-chipped paint, a rattly rear window, and a trim-piece around the parking brake that often becomes loose. Nothing major.

Avoid any model with a manual transmission that exhibits grinding or slippage, which could indicate a problem with the clutch or gearbox.

The Verdict

End of the day, a well-maintained C30 should prove unique, fun, enjoyable and reliable.

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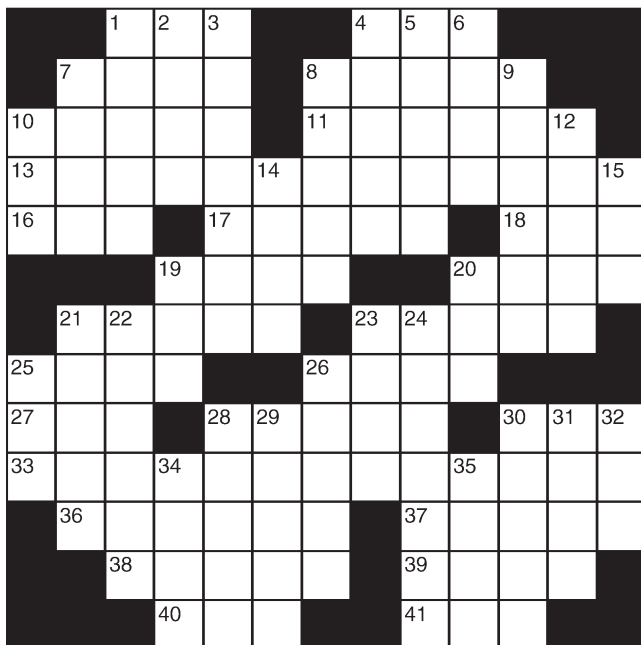
Crossword

Across

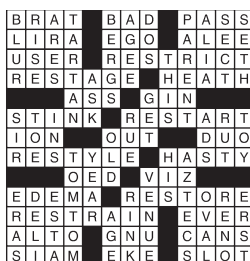
- 1 Cage component
4 More, to Manuel
7 Actress Spelling
8 Island south of Sicily
10 November birthstone
11 Under the weather
13 Binary array
16 Marry
17 Poet James Whitcomb —
18 Pensioned (Abbr.)
19 Bohemian
20 Simple
21 Guys
23 Penniless
25 Coffee shop vessels
26 Satyrlike figure
27 Standard
28 Wrinkly fruits
30 Bando of baseball lore
33 Romantic whisperings
36 Computer style
37 Motorola smartphone
38 Considers
39 Springsteen's "— Fire"
40 Before
41 Chow down

Down

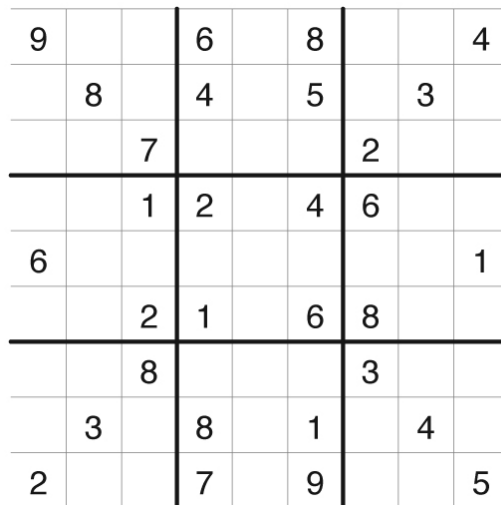
- 1 Lassoed
2 Alternatives to 401(k)s
3 More than just odd
4 Corn
5 Cats' bailiwick
6 Commotion
7 Color quality
8 With fervor
9 Parka
10 AAA job
12 Silliness symbols
14 Little lice
15 Pigpen
19 Commercials
20 A billion years
21 Elongate vowels, maybe
22 Illiterate
23 Worms, often
24 "The Satanic Verses" author
25 Boom times
26 Disasters



► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	7	2	4	1	9	8	5	6
5	8	9	6	7	2	1	4	3
1	4	6	8	5	3	2	9	7
2	5	7	9	4	8	3	6	1
4	3	8	1	6	7	9	2	5
9	6	1	2	3	5	7	8	4
8	1	4	3	9	6	5	7	2
7	9	3	5	2	4	6	1	8
6	2	5	7	8	1	4	3	9

A look at the weather

TODAY	THURSDAY	FRIDAY
Min -7° Max 5°	Min -5° Max 3°	Min -3° Max 7°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 Get it together. Create something amazing over the next day.
♉ **Taurus** April 21-May 21 Others may worry about the future, but you know that what's to come isn't yet written.
♊ **Gemini** May 22-June 21 It's always important to get your timing right, and now is the time to make your mark.
♋ **Cancer** June 22-July 22 Force yourself to make an effort. The results will be surprising, and the rewards will be amazing.

♌ **Leo** July 23-Aug. 23 Find new ways to explore your world. Do something exciting.
♍ **Virgo** Aug. 24- Sept. 22 While others take risks and look foolish, you weigh odds and make the right moves.
♎ **Libra** Sept. 23-Oct. 23 Sometimes, you have no choice but to follow someone who has a better proposal. It's that time.
♏ **Scorpio** Oct. 24-Nov. 22 It's not often that you act on impulse, but you'll do so today. It's all or nothing.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 Be creative and try something new. Aim high, then go higher.
♑ **Capricorn** Dec. 22-Jan. 20 If a friend offers you advice, you would be wise to pin back your ear lobes and listen.
♒ **Aquarius** Jan. 21-Feb. 18 The first idea that comes to mind is the one you must follow, no matter how strange.
♓ **Pisces** Feb. 19-March 20. If you're brave enough to follow your gut, you might make a fortune. ● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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